We know that a healthy natural environment - particularly where people live - and regular access to it, can contribute positively to the health and wellbeing of the population. We also know that a healthy natural environment can have the most benefit on those with the highest levels of ill-health. However, this potential is not yet being fulfilled - in part because we do not fully understand how and why people interact with the natural environment, and which aspects of the environment, and people’s experience of it, lead to positive health and wellbeing outcomes.

- Does the biodiversity of a place affect people’s health and wellbeing?
- Why are some sections of society, on whom natural environments could have the greatest positive impact, less likely than average to visit natural places?
- What part does experience of and connection to nature play?

The IWUN (Improving Wellbeing through Urban Nature) project is a 3-year project funded by Natural Environment Research Council which aims to answer these questions. Led by Prof. Anna Jorgensen at University of Sheffield, with other university and non-academic partners, the project is exploring the relationship between urban natural environments and health and wellbeing across the whole of Sheffield - focusing especially on mental health.